#### **Listing of Claims**

1-116. (Canceled)

117. (New) A computer based method for testing the cognitive performance of at least one examinee comprising;

providing to at least one examinee at least one measurement-session comprising a plurality of response-series comprising a plurality of responses; and

providing a computer-generated instruction that said examinee respond rapidly to a test stimulus so that at least a minimum number of errors is made.

- 118. (New) The computer based method for testing the cognitive performance of at least one examinee, according to Claim 117, wherein said instruction is provided prior to a response-series.
- 119. (New) The computer based method for testing the cognitive performance of at least one examinee, according to Claim 117, further comprising:

determining a number of errors made by said examinee in a response-series; and displaying a computer-generated instruction to increase a response speed of said examinee when said number of errors is less than a minimum number of errors within said response-series.

- 120. (New) The computer based method for testing the cognitive performance of at least one examinee, according to Claim 117, wherein said response-series comprises from about 15 to about 30 responses.
- 121. (New) The computer based method for testing the cognitive performance of at least one examinee, according to Claim 117, wherein said minimum number of errors is an integer selected from the group consisting of 1,2,3,4, and 5.

- 122. (New) The computer based method for testing the cognitive performance of at least one examinee, according to Claim 117, wherein said minimum number of errors is from about 10% to about 20% of said responses.
- 123. (New) The computer-based method for measuring the cognitive performance of at least one examinee, according to Claim 117, further comprising displaying a warning message when a response-series includes less than said minimum number of errors, wherein said warning instructs said examinee to proceed more rapidly during remaining response-series within said measurement-session.
- (New) A computer based method for testing the cognitive performance of at least 124. one examinee comprising:

reading at least one word input by an examinee; determining a performance score by said examinee; and correlating said score with said at least one health-related word.

(New) The computer based method for testing the cognitive performance of at least one examinee, according to Claim 124, further comprising:

ranking said words by a magnitude of change of said performance score after input of said word.

(New) The computer based method for testing the cognitive performance of at least one examinee, according to Claim 124, further comprising:

determining at least one time period after input of said word; correlating said word and performance in said at least one time period.

(New) The computer based method for testing the cognitive performance of at least one 127. examinee, according to Claim 124, further comprising:

displaying a list of words input by said examinee; and

displaying for each said word a correlation between said word and a change of said performance score for said examinee.

- 128. (New) The computer based method for measuring the cognitive performance of at least one examinee, according to Claim 126, wherein said correlation comprises a function including a time differential between an input of a word and a performance score.
- 129. (New) The computer-based method for measuring the cognitive performance of at least one examinee, according to Claim 125, further comprising:

providing said examinee with a list of words rated by their correlation with positive changes in performance; and

providing said examinee an explanation that words given highest ratings are most likely to represent beneficial foods and other health-related items.

- 130. (New) The computer-based method for measuring the cognitive performance of at least one examinee, according to Claim 124, further comprising: providing said examinee with means to obtain a health rating for any word entered at the time of measurement.
- 131. (New) The computer-based method for measuring the cognitive performance of at least one examinee, according to Claim 124, further comprising:

providing first and second health ratings for each said word; and providing said examinee with means to obtain each said first and second healthy ratings.

132. (New) The computer-based method for measuring the cognitive performance of at least one examinee, according to Claim 124, further comprising:

providing said examinee with means to search for said entered words with the highest and lowest health ratings.

133. (New) The computer-based method for measuring the cognitive performance of at least one examinee, according to Claim 123, further comprising:

providing said examinee with means to obtain a health rating for any word combination by concatenating words within the combination.

- 134. (New) A computer-based method for word analysis comprising: providing a user with means to obtain a ranking of at least one previously-input word; and ranking said at least one word by a health or performance change subsequent to said input.
- 135. (New) The computer-based method for word analysis, according to Claim 134, wherein said at least one word is selected from the group of words consisting words describing health-factors, performance factors, and cognitive factors.
- 136. (New) The computer-based method for measuring the cognitive performance of at least one examinee, according to Claim 134, further comprising:

providing said examinee with means to select a time-period covered by the analysis.